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Child's play?

Fake guns, real fines. Attorney general takes on big retailers
over sales of authentic-looking toy guns. PAGE 02

Real-looking toy guns / LENYON WHITAKER, METRO

Rehearsal space at W'burg library

PAGE 04

Is time off from work the secret to happiness?

PAGE 24



Kennard set to fill JPP's void with Giants

PAGE 27

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1 NEWS

Top 3

The best of Metro.us

1 'Former Subway star Jared Fogle allegedly paid 16-year-old for sex'

2 'Brewery brevity: Nightshift lends Idle Hands a helping hand after kicked out from casino'

3 'There's a "Dildo War" at Union Square this weekend'



On the go

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Toy guns on display / LENYON WHITAKER, METRO

NY AG cracks down on toy gun sales

Not playing.

Schneiderman said Wal-Mart, Kmart and Amazon retailers were selling toy guns that violated state and city rules.

Major retailers who were found selling illegally manufactured toy guns in New York will pay fines and comply with stricter New York City requirements for toy guns sold throughout the state, New York Attorney General Eric Schneiderman

By the numbers

61

Schneiderman said there have been at least 63 shootings in New York sparked by an imitation guns since 1994

8

He said at least eight of those incidents were fatal.

said at a press conference on Monday.

State law requires toy guns be marked with bright stripes on the sides of the gun and the tip of

the barrel, and in the city, toy guns must be brightly colored or translucent to differentiate from real guns.

"Year after year, we've found retailers such as Wal-Mart, Amazon and Kmart chose profit over safety, and in the process put New Yorkers and police officers at risk of deadly encounters," Schneiderman said.

An investigation by Schneiderman's office found more than 6,400 toy guns that violated state rules were sold in New York from 2012 to 2014 by retailers.

The majority of illegal toy guns were bought on-

line and shipped to New Yorkers, Schneiderman said. Kmart was the only store selling the prohibited toys in their physical stores, and a spokesman from Schneiderman's office told Metro the guns were sold at one store outside of Rochester.

Wal-Mart will pay \$225,000 in fines, and the other retailers will pay a total of more than \$84,000.

All of the retailers will now only sell toy guns that meet New York City standards.



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Former Marine

Pistol-packing Texas tourist arrested at Ground Zero

She served her country in the Marines, but now a Texas tourist is in a mess of trouble for showing up to the 9/11 Memorial locked and loaded Saturday.

Elizabeth Anne Enderli, 31, had a Texas concealed weapons permit and even asked security where she

could store her 9mm and .380 caliber pistols, cops told The New York Post.

"This whole thing is, pardon my language, bulls—t," Enderli's friend, Aimey Richardson, told The Post.

In the morning, "our husbands don't give us a hug and a kiss, they pat us down to make sure we're armed," she said. "We're not allowed to go out without them."

JOHN A. OSWALD



"Not big on toy guns in general, honestly."

Ginger Sharp
34, Nashville, makeup artist



"It's good that they're cracking down because it could be mistaken for a real gun."

Kevin Vann
28, Brooklyn, security



"If you have a toy gun, make that s—t pink and glittery."

Hannah Joyner
24, Times Square, model

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**CLASSIC
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Brooklyn library hosts artists

More than books.

The Brooklyn Public Library's rehearsal spaces have been a hit.

If you're looking for live music, Brooklyn is the place to go.

And, as of June, musicians can now rock out in the unlikelyst of places in the borough—in a rehearsal space above the Brooklyn Public Library's Williamsburg branch's stacks.

"That was the big worry, having live music above the library," said Paul Parkhill, executive director of Spaceworks, the nonprofit that works to connect artists with affordable work spaces, and the library's partner.

But the room, which includes a 100-year-old piano previously housed in the library below, is soundproof, and working well.

Since launching in June,



The Brooklyn Public Library at 240 Division Avenue has opened rehearsal and studio spaces for artists. Dancers practice a piece called "Tender Blade" for the Doug Varone CHIN program that they will perform at the 92nd Street Y Aug. 7-9. / BESS ADLER, METRO

the facility has gained in popularity with Brooklyn artists.

Last Wednesday, Annie Wang, a choreographer at Hyperspace Dance, ran a rehearsal with three of her dancers, preparing for a performance later this week at the 92nd Street Y.

"It turns out that this floor is pretty much ex-

actly what we're going to be dancing on; it's a mini-tech rehearsal for us," Wang said, adding she was paying \$18 an hour for the space, and also books practice time at other Brooklyn dance studios.

"It can be [hard to secure rehearsal space. ... I've definitely been to some other places where it's

more manual, you have to call someone on the phone, you have to email them, they have to email you back, you have to email them again, and sometimes those fall through. ... As soon as I knew when our performance was — three months ago — I started booking space. You can't get that last minute."

After Wang and her dancers wrapped up, Naomi Espinoza, 15, rehearsed her take on Lady Macbeth's soliloquy for an upcoming performance with Brooklyn Poets, an organization that helps teens transpose Shakespeare to tell their own stories.

The top floor of the library, previously used as

storage and offices, also has three studios for visual artists in residence, an arts classroom and common areas. Spaceworks pays \$20,000 a year under a 20-year licensing agreement, and the upgrades were funded by \$650,000 from the Department of Cultural Affairs and private donors.

Spaceworks said many of the artists who use the practice spaces qualify for the \$10 subsidized artist rate. Since the program is young, they are charging \$6 half price per hour for the music room in August.

"Visual art space is hard, and that's why we're still in existence, to try to help remedy that," said Tamara Greenfield, Spacework's deputy director. "It's difficult to get access any more. Those spaces in Williamsburg are gone, Bushwick is turning over and a lot of that space is very pricey now."



WENDY JOAN BIDDLECOMBE
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Funeral

Bobbi Brown buried next to mom Whitney Houston

Bobbi Kristina Brown was buried alongside her mother, Whitney Houston, on Monday, bringing to a close the brief and tragic life of the only child of the singing legend.

About a dozen fans

came out to the cemetery in Westfield, New Jersey, to pay their respects to Brown, 22, who died in Georgia last week, six months after being found facedown and unconscious in a bathtub at her home.

Holding pictures of Brown and Houston, who was born in New Jersey, fans crammed against police barricades as a

gold-colored hearse passed through the gates of the cemetery where the "I Will Always Love You" singer was buried three years ago.

Brown, the daughter of Houston and R&B singer Bobby Brown, died after suffering irreversible brain damage in a still unexplained January incident at her Roswell, Georgia, home.

She was found un-

responsive in a bathtub by her boyfriend, Nick Gordon, and a friend in an eerie echo of her mother's death. Whitney Houston, who had a long history of drug abuse, drowned in a bathtub at a Beverly Hills hotel in 2012 at age 48.

The burial ceremony was for friends and family only and fans and the media were barred from the graveside. **REUTERS**

Mt. Vernon. AG to investigate jail death

Acting as special prosecutor, New York State Attorney General Eric Schneiderman said Monday he will investigate the death of a woman who died in police custody last week while awaiting arraignment on theft charges in Mount Vernon.

"We're not seeking to find anything wrong, and we're not going to ignore the facts," Schneiderman said at an unrelated press conference.

Raynette Turner died in her cell after being held over the weekend after allegedly stealing crab legs from a Restaurant Depot.

Osvaldo Gonzalez, whom Herman Turner hired after his wife's death, told Metro last week that Raynette was hospitalized for about two hours after telling officers that she was feeling ill, and later complained a second time. She was found dead the following day.

"We're going to handle



Schneiderman / GETTY IMAGES

this investigation thoroughly and impartially, thoroughly and completely independently," Schneiderman said, declining to comment further on the investigation.

Last month, New York became the first state to name a special prosecutor to investigate officer-involved shootings when civilians are unarmed or if there is a question if a person is armed and dangerous.

Families of men and women who were killed by police officers, including Eric Garner's family, urged Gov. Andrew Cuomo to assign the special prosecutor.

WENDY JOAN BIDDLECOMBE

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25 years of tradition

People take part in the 25th Annual Pow Wow Festival Monday at the Bear Mountain State Park in New York.

Bronx

Legionnaires' toll rises to 7

The death toll for the current outbreak of Legionnaires' disease stands at seven, city officials said last night.

A total of 81 people have been diagnosed with the disease since July 10, according to the Department of Health and Mental Hygiene.

Sixty-four people have been hospitalized and 28 of them have been treated and discharged, DOHMH said.

The seven people who died were all older adults and had additional underlying health problems, the Health Department said.

Officials stressed that the city's water supply is unaffected by legionella.

METRO



Texas Attorney General Ken Paxton / GETTY IMAGES

AG of Texas booked on fraud charges

State's top law officer. The Texas Democratic Party called for him to resign.

Texas Attorney General Ken Paxton, a Tea Party Republican, surrendered to authorities on Monday and was booked on three felony charges involving suspected securities fraud.

Paxton, the state's top law officer, appeared for processing and posed for a mug shot in Collin County, near Dallas. He was released on bond of \$35,000, according to the Collin County Sheriff's office.

Paxton, who defeated an establishment Republican in the primaries, became attorney general this year pledging to fight abortion, same-sex marriage and the Affordable Care Act, also known as Obamacare.

He drew national attention when he said Texas county clerks who object to gay marriage on religious grounds can refuse to license same-sex couples despite the U.S. Supreme Court ruling requiring states to allow same-sex marriage.

Paxton is facing two

Quoted

"Attorney General Ken Paxton will plead not guilty to these accusations and he will demand a trial by jury. He is looking forward to the opportunity to tell his side of the story in the courtroom."

Joe Kendall, his lawyer, said in a statement

security fraud charges related to stock sales and compensation from the Texas technology firm Servery. The company had been under federal investigation for suspected misstatements about orders for its data servers from major firms it said includes shopping site Amazon.

He is also facing charges he illegally acted as a securities agent for a separate firm. He can face up to 99 years in prison if convicted on a first-degree felony charge.

A grand jury in July heard evidence presented by the prosecutors and the Texas Rangers, a respected statewide police agency, which investigated Paxton. **REUTERS**

New York City

February retrial set in 1979 Etan Patz murder case

Former grocery worker Pedro Hernandez will face trial again in February in the 1979 murder of 6-year-old Etan Patz in New York after a hung jury forced a mistrial this year, a state court judge ruled on Monday.

A new jury will be selected starting on Feb. 22 to hear the kidnapping and murder case in state Supreme Court in Manhattan, Judge Maxwell Wiley said at a hearing.

Hernandez, 54, confessed in 2012 to choking Patz in the basement of a deli in the SoHo district of Manhattan in 1979. Defense attorneys argued that the confession made

by Hernandez, who they say is mentally ill and suffers from hallucinations, was coerced by police.

The boy's father, Stan Patz, attended Monday's hearing, where defense attorney Harvey Fishbein argued for an earlier start for the new trial.

"It's what's right. It's what's just. It's what's human," Fishbein told the court, arguing that Her-

nandez has been in jail too long awaiting a decision.

Wiley set the February start to give assistant district attorney Joel Seidemann, who is new to the case, time to prepare.

In May, Wiley ended an earlier trial by declaring a mistrial after the jury said for the third time during 18 days of deliberations that it could not reach a verdict. **REUTERS**

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Five things you need to know

Search intensifies for suspected killer of Memphis police officer

The hunt for a man suspected of fatally shooting a policeman in Memphis intensified on Monday with law enforcement intent on capturing one of the most wanted men in Tennessee.

Tremaine Wilbourn is suspected of shooting Officer Sean Bolton, 33, multiple times during a scuffle after the officer pulled up to a parked car and apparently interrupted a drug deal, Memphis police said.

"We are exhausting all available resources," said police spokesman Louis Brownlee. He said the U.S. Marshall's Service has offered a \$10,000 reward

and Mayor A C Wharton has asked the Memphis City Council to match it.

The Tennessee Bureau of Investigation placed the suspect on its Top Ten Most Wanted Fugitives list on Monday, saying, "Wilbourn should be considered armed and dangerous."

Police said Wilbourn, 29, was on supervised release from prison, where he had been serving a 10-year sentence for bank robbery.

Bolton, a former Marine, became the third Memphis police officer to be shot and killed in the past four years.

REUTERS

TREMAINE
WILBOURN
POLICE HANDOUT



Jury keeps death penalty as option for Colorado movie gunman

James Holmes, the Colorado movie massacre gunman, could face the death penalty after jurors found on Monday that aggravating factors including the cruel nature of his crimes counted for more than mitigating ones such as mental illness.

The panel of nine women and three men will now hear from victims of the July 2012 rampage at a midnight screening of the Batman film "The Dark Knight Rises." They will then deliberate on whether the 27-year-old shooter should be executed by lethal injection. REUTERS

Okla. brothers plead not guilty to killing five family members

Two Oklahoma brothers accused of murdering their parents and three siblings pleaded not guilty on Monday in a Tulsa County court.

Robert Bever, 18, and Michael Bever, 16, were charged as adults, each with five counts of first-degree murder and assault and battery with intent to kill.

The brothers are suspected of killing their parents, David and April Bever, two brothers and a sister with various weapons, including a hatchet, on July 22 in their Broken Arrow home. REUTERS



California water officials seek penalties in Santa Barbara oil spill

California water quality regulators have asked Attorney General Kamala Harris to consider enforcement action against the owner of an oil pipeline that ruptured near Santa Barbara in May, spilling petroleum onto beaches and into the Pacific Ocean.

The Central Coast Regional Water Quality Control Board said Monday that it had referred the incident near Refugio State Beach to the state's top prosecutor, who under the law could seek penalties of up to \$25,000 per day of violation, plus \$25 for every gallon of oil spilled. REUTERS

German carmakers buy Nokia maps to fend off digital rivals

German carmakers BMW, Audi and Mercedes will pay around \$2.8 billion to buy Nokia's maps business, beating out high-tech rivals for location services seen as key to the future of self-driving cars.

Germany's three premium carmakers joined forces and will hold equal stakes in the business, known as HERE, clubbing together to keep the assets from falling into the hands of Internet rivals in Silicon Valley or China.

REUTERS



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Phoenix Rising From the Ashes

Arresting beauty emerges from nature's fury as Helenite explodes upon the jewelry world.

When Mount St. Helens erupted and shook Washington State to its core, an ash column rose to an altitude of about 16 miles in less than 15 minutes with a vigorous emission of ash continuing for the next nine hours. Ultimately, an estimated 540 million tons of ash drifted up to 2,200 square miles settling over seven states. You could say Mount St. Helens caused quite the stir.

But it was a surprising find discovered in the aftermath of the eruption that had locals talking long after the volcanic dust settled. Workers using a gas torch while doing salvage work discovered that the heat of the torch was melting the volcanic ash into a lustrous green substance. And there, amid the ancient ashes created from a mountain that first erupted in 10,000 BCE, Helenite was born.

The story got out and captured the attention of jewelers worldwide. It was a scramble to secure the magical ash from Mount St. Helens and perfect the heating process to achieve brilliant green stones that rival even the emerald in terms of color, refractive index and clarity. The world has never seen anything like Helenite.

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President Obama issues challenge on climate change

Clean Power Plan.

The regulations face certain legal challenges from states and industries.

President Barack Obama challenged America and the world to step up efforts to fight global warming on Monday at the formal unveiling of his administration's controversial, ramped-up plan to cut carbon emissions from U.S. power plants.

Declaring climate change the greatest threat facing the world, Obama said the regulation requiring the power sector to cut its emissions by 32 percent from 2005 levels by 2030 would reduce Americans' energy bills and improve the health of vulnerable populations nationwide.

The plan, which also mandates a shift to renewable energy from coal-fired electricity, is meant to put the United States in a strong position at international talks in Paris later this year on reaching a deal to curb global warming.

Obama is enacting the plan by executive order, bypassing Congress, which rejected legislative attempts to reduce pollution from carbon dioxide, a common greenhouse gas



President Obama /GETTY IMAGES

Quoted

"We only get one home. We only get one planet. There's no Plan B." Obama

blamed by scientists for heating the earth.

The Clean Power Plan is intended to be a key part of the president's legacy on global warming, which he pledged to fight as a candidate for the White House in 2008.

"We're the first generation to feel the impact of climate change. We're the last generation that can do something about it," Obama told a sympathetic audience at the White House.

His announcement

drew immediate condemnation from Republicans.

Senate Majority Leader Mitch McConnell said the new rules would shutter power plants and drive up electricity costs.

"I will do everything I can to stop it," he said.

The Republican Speaker of the House, John Boehner, called the plan an "energy tax" that the administration wanted to issue during a slow recovery from recession.

"I believe this final plan is an expensive, arrogant insult to Americans who are struggling to make ends meet," he said.

Obama rejected criticism that his plan would increase energy bills for Americans, hurt the poor and cost jobs. **REUTERS**

2016 election

Republicans begin pivotal debate week in New Hampshire

Republican presidential candidates, with the exception of Donald Trump, tested their messages in New Hampshire at a forum on Monday ahead of their first head-to-head debate in the 2016 campaign later this week.

Fourteen of the 17 candidates faced off in Manchester, New Hampshire, for the Voters Issues Forum at Saint Anselm College, where each candidate will be asked

questions by a moderator based on a random draw.

Most of the leaders in the Republican field participated, including Jeb Bush, Scott Walker and Marco Rubio, but not poll leader Trump, who did not attend in outrage over a critical editorial published by the Union Leader, the Manchester newspaper that is one of the sponsors of the event.

The forum allowed candidates to see how they do against each other ahead of the first official Republican debate of the 2016 season on Thursday night in Cleveland.

The first debate has

Trump lead

19%

Trump was in the lead of the NBC News/WJSJ poll on Sunday, it showed him ahead with 19 percent, Walker trailing with 15 percent and Bush with 14 percent.

been controversial because under rules set up by the sponsor, Fox News, and backed by the Republican National Committee, only the top 10 candidates based on an average of recent national polls will be allowed on stage at the event on Thursday. **REUTERS**

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SABRINA CORGATELLI / FACEBOOK

The new hunter the Internet loves to hate

Backlash. The news comes in the wake of the controversial death of Cecil the lion at the hands of a U.S. dentist.

Quoted

"Everybody just thinks we're cold-hearted killers, and it's not that. There is a connection with the animal, and just because we hunt them doesn't mean we don't have a respect for them. Giraffes are very dangerous animals. They could hurt you seriously very quickly." Sabrina Corgatelli told the "Today" show

A female hunter from Idaho is the center of the Internet's collective hate for posing photos of her posing with animals she reportedly legally hunted in Africa.

Sabrina Corgatelli posted photos on Facebook of her posing with a dead giraffe, impala and

wildebeest, all of which quickly garnered hateful comments.

"To me, it's not just killing an animal — it's the hunt," Corgatelli told the "Today" show.

The news comes in the wake of controversy surrounding the death of

Cecil the lion at the hands of an American dentist. Internet backlash eventually led to the dentist closing his practice and disappearing.

Corgatelli claims that her hunting was completely legal.

MATT LEE

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Animal protection

Killing of Cecil pressures US to protect lions

The killing of Cecil the lion by a U.S. hunter in Zimbabwe has turned up the pressure on Washington to extend legal protection to the African lion by declaring it an endangered species, but some hunting advocates said that would lead to more regulations that could ultimately harm the big cats.

The United States has the world's most powerful animal protection law, the Endangered Species Act, which has been extended by the U.S. Fish and Wildlife Service to many non-U.S. species including the African elephant and cheetah.

Adding the African lion to the U.S. list would not prohibit trophy hunting but it would require a permit from the service to import lions or their body parts to the United States.

Such a permit would

only be issued if the agency determined that importing a lion or parts of it would not be harmful to the survival of the species, said Tanya Sanerib, a senior attorney for the Center for Biological Diversity, which advocates for species protection worldwide.

"Sport hunting has been identified as a threat to the continued existence of the species," said Sanerib, whose group has backed listing the African lion as endangered. **REUTERS**

Censorship debate. India orders clampdown on Internet porn sites

India has blocked hundreds of adult websites to prevent pornography becoming a social nuisance, a government official said on Monday, sparking a debate about censorship and freedom in the world's largest democracy.

In India's first big crack-down on Internet porn, service providers have been directed to block 857 websites, N.N. Kaul, a spokesman at the Department of Telecommunications, told Reuters.

"Free and open access to porn websites has been brought under check," Kaul said.

The government, in a 17-page order issued on July 31 and leaked to freedom of speech activists on Monday, listed offending sites and directed service providers to block access on the grounds of morality and decency.

Last month, the Supreme Court refused to impose an outright ban after hearing a petition that



Over the weekend, several sites became inaccessible. / GETTY IMAGES

High demand

5th

Demand for porn, however, seems strong. Pornhub, an adult entertainment website included in the ban, last year said India ranked fifth for daily visitors.

said Internet porn fueled sex crime. The court said individuals should be free to access such websites in private.

But the court asked the Home Ministry to submit its views, and the government acted after the ministry sent a letter to the telecom secretary,

Kaul said.

Over the weekend, several sites became inaccessible and displayed messages that they were blocked on instructions of the competent authority. The hash tag #Pornban became a trend on Twitter.

"Porn ban is anti-freedom, impractical, not enforceable. Politically not very smart too. Avoidable. Let's not manage people's private lives," best-selling novelist Chetan Bhagat posted on Twitter.

India has the second-largest number of Internet users after China. Social media and smartphone use is growing rapidly. **REUTERS**

Appeals court

US court to hear lawsuits over 'net neutrality' in December

A U.S. appeals court will hear oral arguments on Dec. 4 in lawsuits that challenge the Federal Communications Commission's "net neutrality" rules, which prevent broadband providers from blocking or

slowing Internet traffic, the court said on Monday.

UStelecom, a trade group for broadband providers, and other opponents of the rules sued the FCC this year, saying the commission violated various laws, regulations and procedures when it passed the rules.

The dispute is being heard in Washington by the U.S. Court of Appeals for the District of Columbia Circuit. **REUTERS**

Premeasured doses

Drug using 3-D printing technology gets FDA nod

The U.S. Food and Drug Administration has, for the first time, approved a drug that uses 3-D printing technology, paving the way for potential customization of drugs to suit patients' needs.

The drug, made by privately held Aprelia Pharmaceuticals, was approved

for oral use as a prescription adjunctive therapy in the treatment of epilepsy, the company said.

Spritam uses Aprelia's "ZipDose" technology, a delivery system that creates premeasured doses which disintegrate in the mouth with a sip of liquid.

3-D printing could help companies make products "to the specifications of an individual patient rather than one-size-fits-all kind of approach," Wedbush Securities analyst Tao Levy said. **REUTERS**

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Families of Newtown massacre victims in \$1.5 million settlement



Neil Heslin holds a picture of his son Jessie Lewis, who was shot and killed during the shooting rampage at the Sandy Hook school in Newtown, Connecticut. / GETTY IMAGES

Probate court clerk. The settlement must still be approved by Probate Court Judge Joseph Egan.

The families of 14 people killed in the 2012 massacre at Connecticut's Sandy Hook Elementary School, and two survivors reached a \$1.5 million legal settlement on Monday against the gunman's mother's estate, according to court records.

The families of victims and two school employees who survived the attack will each receive a \$93,750 share of an insurance policy on the Newtown, Connecticut, home where Nancy Lanza lived with her son, gunman Adam Lanza, according to filings at a Bethel, Con-

necticut, probate court.

The 20-year-old gunman began his rampage on Dec. 14, 2012, by shooting and killing his mother with a Bushmaster AR-15 assault rifle before driving to his former elementary school, where he gunned down 20 first-graders and six educators. He killed himself as police arrived.

The claims were made in two separate lawsuits filed against Nancy Lanza's estate. Newtown obtained possession of her home and tore it down this year, leaving it as open space for the near future, town officials said.

Attorney Samuel Starks, the estate's administrator, declined to comment on Monday.

Attorney Joshua Koskoff, who represents some of the plaintiffs, also declined to com-

Lawsuit claim

Lanza had access to gun

The lawsuits claim that Nancy Lanza obtained the Bushmaster and kept it in her home, where her son had access to it despite a history of mental health problems.

State police reports indicate the gun was stored in a gun safe that was in a room adjacent to Adam Lanza's bedroom, and that he had "unlimited access to it."

The lawsuits contend Nancy Lanza "knew or should have known that [her son's] mental and

emotional condition made him a danger to others."

One of the lawsuits stated that while the assault weapon used by Lanza was legally sold in Connecticut, the weapon should not have been available to him.

REUTERS



Bushmaster AR-15 assault rifle / GETTY IMAGES

ment.

Earlier this year he said any monetary award or settlement "serves as an important reminder

that people who keep firearms in the home must be scrupulous about securing their weapons."

REUTERS

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Skyscrapers: It's a tall tale

Urbanism. Metro examines the various impacts — social, economic and psychological — of living high, high up.

Skyscrapers have beautified the world's cities since the late 19th century with the construction of the Home Insurance Building in Chicago, a building of just 180 feet, which is considered the first-ever skyscraper.

Now, work on what's to be the world's tallest building is underway: The Kingdom Tower in Jeddah, which is estimated to cost \$1.23 billion, will rise at least 3,280 feet into the Saudi Arabian sky.

It stands to join the 4,300 buildings around the

world with a height greater than 492 feet. Indeed, the average height of the tallest buildings in the world has been growing in the last three decades, going from 1,230 feet in 2000 to 1,440 feet in 2010 and with a projection of 1,961 feet by 2020, according to data from the Council on Tall Buildings and Urban Habitat, a leading body for urban design, based in Chicago.

Overall, tall buildings are popular among city dwellers because in most cases, skyscrapers add to the attractiveness of the location in which they are built. That said, they're not only a representation of status, tall buildings also "operate simultaneously on multiple levels: financial real estate logics, as well as highly symbolic levels. Their visibility and

prominence makes the landmarks, and their landmark status makes them more "public," explains Eric Höweler, principal architect of Höweler + Yoon Architecture and author of "Skyscraper, Vertical Now."

Although in recent years it was believed that living in skyscrapers had negative implications for health because humans lose key ties with the ground at heights exceeding the eighth floor (Europe uses the standard of only seven floors for apartment buildings). Contrary to this, a recent study by the University of Bern in Switzerland — published in the European Journal of Epidemiology — found that people who live below the eighth floor are 22 percent more likely to die early from serious lung and heart disease. **MWN**

"Skyscrapers are the building blocks of a city. They represent urbanity, yet urbanity is an alchemical thing. Do it right, and you get vitality and density."

Eric Höweler, principal architect of Höweler + Yoon Architecture



A rendering of the Kingdom Tower in Saudi Arabia / KINGDOM TOWER

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1 It's 'Will and Jada are divorcing' season again



ALL PHOTOS GETTY IMAGES

Everything old is new again, including conclusive, concrete proof — from anonymous sources — that Will Smith and Jada Pinkett Smith are totally done as a married couple. Welcome to the latest edition of Celebrity Gossip Deja Vu! “For Will and Jada, holding it together these past few years has been tough because their marriage has been on life support for a long time,” a source tells

Radar Online. “They’re exhausted from trying to maintain the facade of a happy union. They’ve decided to pull the plug in a carefully choreographed manner [and] agree announcing their split at the end of the summer is the right move.” Of course, that’s because early August is generally a pretty quiet time, with lots of folks on vacation, and you wouldn’t want to blow a big announcement then.

Gwyneth Paltrow consciously uncouples from ‘conscious uncoupling’

First Gwyneth Paltrow tries to distance herself from ex-husband Chris Martin by using the term “conscious uncoupling,” and now she’s trying to distance herself from the term itself, claiming she totally had nothing to do with it being used on her Goop post about the split. Sure, Gwyneth, whatever. “When I announced that I was separating on the website, [Goop editorial director Elise Loehnen] titled



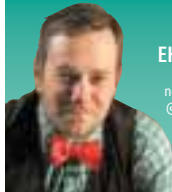
the piece ‘Conscious Uncoupling,’ and I had no idea,” she tells Fast Company. But she’s totally fine with us making fun of it, even if the criticism freaks out her Goop staff. “When something like that happens, I think everybody is like, ‘Oh s—,’” Paltrow says. “I just tell them that I think we are creating interesting discussions.” Whatever gets you through, ma’am.



2 Jessica Alba burned by sunburnt customers

THE WORD

Ned Ehrbar takes on the world of gossip.



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Customers who have used Jessica Alba’s Honest sunscreen are red-hot with rage after the organic product allegedly failed to protect them against the sun’s dangerous rays. Unhappy sun-lovers shared photos of their horrific sunburns on social media, as reported by BuzzFeed. One irate customer, A. Hughes, wrote, “My family of five used this sunscreen yesterday, and all five of us are very burnt. You might as well slather yourself in baby oil because this is how well it works!” Another customer, Brandon Ather-ton, posted a picture of

his bald head on Twitter with the caption, “This is my very real result from Honest 30 SPF sunscreen. Only spent one hour outside. Burnt.” The Honest Company defended the product in an email to us, saying the sunscreen had been tested and met FDA standards. “The number of complaints received on our own website about our Sunscreen Lotion constitute less than one-half of 1 percent of all units actually sold at Honest.com. We stand behind the safety and efficacy of this product,” the statement said.

MORGAN ROUSSEAU

Please don’t make awkward press tour videos a thing

It looks like that awkward Cara Delevingne interview with “Good Day Sacramento” started a trend, and that’s a terrible, terrible thing. Now poor “Fantastic Four” stars Michael B. Jordan and Kate Mara are getting the same treatment, with an obnoxious radio host peppering them with questions about how an African-American guy and Caucasian girl playing brother and sister is weird and how Mara looks hotter with long hair. Stay classy, Rock 100.5’s “Southside”

Steve Rickman. “Am I missing something? You’re white, and you’re black. How does this happen?” Rickman asks. And after Jordan dignifies that with a response, Rickman moves in on Mara’s locks: “You’re way, way hot,” he told her. “Why’d you cut the hair? Your hair was beautiful.” And then proceeded to not let the topic go — at least until he could tell her he’s really into toes. Please stop.



Daily video



COLINFURZE, YOUTUBE

The High Voltage Ejector Bed

Looking for a new, super-effective way to wake up in the morning? YouTuber Colin Furze has created — and bravely tested on himself — the High Voltage Ejector Bed, which uses high-pressure pistons to catapult him out of Slumberland as soon as his alarm goes off. Hell, you don’t even need to build your own. The video is loud and abrasive enough to work as an alarm all on its own. And sure, yes, it’s technically an ad for a brand of British coffee, fine. But if it’s for a product you can’t get in the States, does that cancel out the whole ad-ness of it?

2

CULTURE



Twitter feed

Today, Ice-T is pretty tired, Rebel Wilson is having a wardrobe malfunction, Rosie O’Donnell can’t help herself, Justin Bieber has some surprising opinions and Dana Delany wants private lessons.

@FINALLEVEL: Up at 3am in LA starting this press day..... I’m a f—in Zombie.

@RebelWilson: Is it a sign that your leggings are too tight if they fall down when walking? ...but it’s also a sign that they’re too big? WTF x

@Rosie: midnight fridge raid ...

@justinbieber: Love jazz

@DanaDelany: I think Colin Farrell needs to come to my house and explain True Detective to me.

Interviewing Jesse Eisenberg about interviewing

Q&A. We talk to the "End of the Tour" star about playing both sides of the journalistic fence.

Jesse Eisenberg tends to play characters who are shy ("Roger Dodger," "Adventureland") or menacingly passive-aggressive ("The Squid and the Whale," "The Social Network"). In real life, he's definitely the former. During some of our interview, the actor curls up on the couch, his head resting on the arm, quietly but assuredly discussing his role in "The End of the Tour." That film finds him playing the other side of the journalistic fence; based on David Lipsky's "Although of Course You End Up Becoming Yourself," it re-creates the few days the author-journalist spent with the late David Foster Wallace after the release of "Infinite Jest." Eisenberg plays Lipsky to Jason Segel's Wallace, as both confidant and aggressor — a standard relationship during interviews.

You didn't rehearse for this. Did that make it feel fresh, like you were saying the lines for the first time?

That's how I did it. I really like doing that. With this movie, I didn't like saying the lines until we



In "The End of the Tour," Jesse Eisenberg plays David Lipsky, an author and journalist who turned his experience spending a few days writing a story on David Foster Wallace into the book "Although of Course You End Up Becoming Yourself." / A24

were filming, because my character's not as verbose as the other character. I didn't feel the need to rehearse my dialogue. It was more emotionally potent to not do anything until the camera was rolling. You don't have that luxury in movies, really, because you have to rehearse in order to set technical things up. But with this, we did have that. It was just the nature of the shoot being quiet — and a director who was pretty comfortable allowing us to be more flexible.

One of the main ideas in the film is meeting someone one admires and finding them to be pretty normal.

Normal, or maybe even more specifically not

happy with the achievements you think you'd be happy with. You think, "If I could just achieve the success he has, I would be happy." And I see he's still unfulfilled. Not only is he unfulfilled, but he seems almost terrified. I think, "Oh goodness — in terms of my own trajectory or ascendance, it seems hopeless."

You're playing a journalist. Had you ever interviewed someone? Mm-mm, no.

It's an unnatural form of communication because the interviewer needs to have an angle. And your character has one. He's trying to get Wallace to open up about something personal.

It creates a lot of dramatic tension, but it's also an understandable and sympathetic position to be in. My character is also struggling, also has a job to do. And Wallace agreed to the interview. When he becomes resistant, my character tells him, "You agreed to the interview, so you haven't earned the right to become suddenly resistant on your own terms. You knew what the deal is." You can see it from



EISENBERG
GETTY IMAGES

One more thing

Bookworm

I don't want to assume you were a big Wallace fan already, but what was your experience with him?

I read him in college initially, in a nonfiction class. We were reading some of his essays, like from "A Supposedly Fun Thing I'll Never Do Again." Once I was in this movie, I started

reading a lot more, obviously. I particularly love his nonfiction, where he writes about aspects of culture and interpersonal dynamics in ways that come at it from unusual angles.

How long did it take you to read "Infinite Jest"?

I started it for this, and it became an impossibility. I needed to set aside a long time, which I didn't have with this movie. So I'm doing it retroactively.

both perspectives. Certainly as an actor being interviewed for things like this, I can see it from both perspectives as well. You try to be forthcoming, so the person writing the story can reasonably and comfortably write something. But you obviously have an allegiance to some kind of self-protection.

Wallace has a line where he says he wishes he could shape the impression your character has of him. Do you feel anxiety in how other people will present you? Yes, of course. It's unnerving. The best thing to do is not try to micromanage something that's unmanageable, which is how you are perceived by strangers. If you do interviews by virtue of it being part of the job, to promote the movie that they paid you to do, then you try to do as much as you can to protect yourself while still talking enough about the movie and yourself to warrant the interview.



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Susan Shapiro's secret to getting published

Interview. The best-selling author and popular professor gives details about her latest book, "What's Never Said," plus reveals the surefire way to make money writing.

never tell," Shapiro tells us. "Until now."

A worst nightmare come true

Shapiro's 12th book, "What's Never Said," is about a poetry student who has an affair with her

professor. Years later, she attends a book signing he is giving, anxiously awaiting how he will react to seeing her — only when he does see her, he doesn't remember who she is.

While the book is fiction, Shapiro says it is based on her own life; those exact events happened to her though she attests the professor in question did in fact know who she was, he just chose to ignore her. "I freaked out. I literally could not believe it," she says. "I wrote a short fiction piece about it and took it to my writing group. The basic reaction was, 'You should have gotten old and bitter a long time ago because this rocks.'"

"Heartbreak is way more interesting to write about than falling in love," Shapiro says. "It's kind

of a funny problem [for me] because I've been extremely happy with the same guy for 25 years, so that's problematic. Luckily, he gave me hell early on."

Heady homework

Shapiro, who is a professor at New York University and The New School, encourages her students to use their shameful secrets as writing fuel as well. She regularly assigns her students to write about their most humiliating secret, usually just one class into the semester. "I really don't want to have to wait through 10 weeks of boring assignments," she says. "I want to know who somebody is right away."

The result is astound-



If you go:

Susan Shapiro book event

Tonight, 7 p.m.
St. Mark's Bookshop
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Susan Shapiro's book "What's Never Said" came out yesterday.
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Susan Shapiro is used to exposing her heartbreak for the sake of art. She's written 11 books (several of them memoirs), including one called "Five Men Who Broke My Heart," in which she meets up with her five ex-boyfriends "High Fidelity"-style, asking each one what went wrong. "I spilled all the secrets of my past love, but there was one story I could



ing. "In my first class, out of 12 people, eight got published and four got \$1,000," she says. Some of the past topics range from writing about being secretly gay or turning into a jerk after being sentenced to life in a wheelchair to dating a man accused of raping a Harvard student. Many of Shapiro's students land book deals, and Shapiro talks as excit-

edly about her students' upcoming published works as her own. "Now I have a rule where students who get \$5,000 or more for a published work they wrote for my class have to take me out to dinner," she says. We doubt any of them mind.

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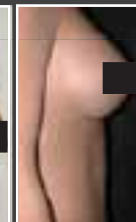
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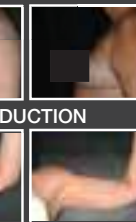
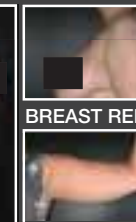
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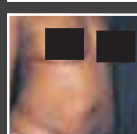
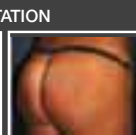
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How to find the comedy in friendship



"Playing House" returns tonight at 10 p.m. on USA. / MICHAEL YARISH, USA NETWORK

Interview. Sure, you and your BFFs are funny, but Lennon Parham and Jessica St. Clair are so funny, they made a TV show out of it.

Not everyone can say they get to work with their best friend, but that's one dream Lennon Parham and Jessica St. Clair are getting to live out. And they're using that dream for inspiration.

"Both of us felt like, on television, there are so few, if any, real-life best friends depicted. So most

of the time, you'll see best friends on TV, and it'll be like one's the slut, one's the nerd, and like, somehow you make it work," says St. Clair.

The duo, who met through the Upright Citizens Brigade, created and star in "Playing House." The show follows the adventures of a pair of friends, Emma (St. Clair) and Maggie (Parham), who decide to raise a baby together after Maggie catches her husband cheating on her. The new season finds them living life with a newborn and trying to figure out their lives as parents.

What made you guys want to focus on female

friendship as a comedy source?

Jessica St. Clair: We really wanted to portray what a realistic best friendship is, which is amazing, and you have each other's back, but also, you're almost as close as a romantic relationship, and you can get in fights.

Where do we find the ladies in Season 2?

JSC: The season picks up six months after the baby was born, and the girls are coming out of that fog of motherhood and figuring out how to get back into the world. They're both gonna try dating, figuring out what they want to do with their lives, that kind of stuff.

Lennon Parham: Yeah, there's a lot of figuring out when you first have a child. You sort of recalibrate, like who am I as this mom? But also with the stuff that I used to love to do before.

How do you decide what's a Lennon joke versus a Jessica joke?

LP: We break the story with our room, which means we figure out the beats and outline it really specifically, and then Jess and I will take the writer of that episode, and if it's us, it's just the two of us in a room, and we act everything out. We improvise the scene, and we revise it on its beat, and we talk about it, what we like and what we don't like, and then we redo it.

Real-life inspiration

How much does art imitate life on this show?

JSC: We couldn't have done any of it without each other. When Lennon has to be out of the editing room, I have a nervous breakdown. I'm so used to having her there.

LP: Jessica says that Julia Louis-Dreyfus convinced her to have a baby, but I think it's because I had a baby, and she was like, "I'm not doing this alone!"

JSC: Yes. I would have waited forever, but then Lennon did it.

And I was like,

oh, God. I'm not going to have us have totally different lives. Might as well have a baby. And then it was the best decision that I ever made. But I'll tell you what I did do that was not right. I didn't do any research before I had a baby, and I copied Lennon's birth plan much like you'd copy someone's eighth grade social studies test. So when it came time for me to have an epidural, they were like, it's too late, and also it says on your birth plan: "Don't ask me about an epidural." And I was like, "What psycho would write that?" It was Lennon. So sometimes it backfires on me.

LP: Check your work. Check your work.



PARHAM & ST. CLAIR
GETTY IMAGES

When you do this, do you both play all the characters?

JSC: Lennon always plays Keegan [Michael Key, who plays St. Clair's high school boyfriend]. ... So when you see a really romantic scene between Keegan and I, I want you to imagine us in our living room improvising that. Together. It is so awkward. Often the writer is like, "Should I leave the room? Like, I do not want to see this." And we're like, "You are going to sit there, and you are going to watch it."



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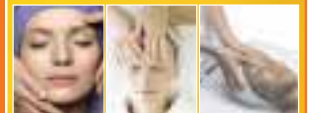


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Sure, not all of these are issues on their own. But when they're added together for the only female lead on the show, we spot some unsavory patterns. / ALL PHOTOS LACEY TERRELL

Character. Rachel McAdams deserves better than this.

It's safe to say this season of "True Detective" hasn't had quite the same level of acclaim as its first season. Between a cast of relevant characters that numbers in the dozens to a mystery that can be downright dull, it hasn't been as smooth a ride as Season 1. But the character who's fared the worst might be Rachel McAdams' Ani Bezzerides, the tough, competent cop working in concert with Colin Farrell's messy Ray Velcoro and Taylor Kitsch's deeply

closeted Paul Woodrugh. After all the criticism last year that the show lacked significant female characters, we finally got a female lead this year. And here's a short list of what went wrong with her.

1 Her character is introduced in her underwear.

2 She's clearly just had sex right before we meet her.

3 That introductory scene implies there's something odd and shameful about her sex life.

4 Her tragic backstory is partially that her mother was mentally

unstable and killed herself, which makes two moms on this show with mental illness who killed themselves, which is one mom away from being a trend about motherhood on this show. Strong side eye at Woodrugh's deeply Oedipal mom.

5 We learn she was molested as a child, which is obviously a sad, traumatic thing, but given that she was introduced with "weird" sexual tastes, it draws an unnecessary parallel between the two.

6 Her big undercover investigative scene involves going undercover as a prostitute at an orgy.

10. Has (thus far) the worst line in the series

"Maybe you were put on this earth for more than f—ing."

Is this meant as a personal revelation for herself as well? Was this a sentiment in need of expression?



7 The fact that she watches porn on the Internet is played as seedy and shameful. A woman! Watching porn! The horror!

8 She gets to explore the novel idea of a woman in trouble for

sexual harassment. This isn't inherently flawed as a plot point, but given the whole concept that this is the one female lead, it seems unnecessary as a subplot.

9 Generally, her character is defined through

either anger or sex. To be fair, everyone has had sexual hang-ups this season, from Woodrugh's hidden sexuality to Velcoro and Frank Semyon's (Vince Vaughn) fertility issues, but Bezzerides seems to only have those two settings.

And yet, despite all this, she's probably the most interesting character on the show. We'll credit that one to McAdams, who's doing her best with what she's been given. We really hope that she's at least rewarded for what she's been through by surviving the finale.



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Aries Don't expect others to sing your praises. If you are forthright and progressive and take the lead, you will make others take note.



Taurus No matter how alluring it may be, don't get talked into doing something that has no value or meaning to you. Use good judgment.



Gemini You will be extremely convincing today. Your peers will be glad to participate. A romantic evening will provide the perfect ending to your day.



Cancer Your emotions will be difficult to control. Separate yourself from distressing situations and find a relaxing hobby or activity.



Leo Don't make lofty promises. You may feel like taking on the world, but if you renege on a deal, you will lose credibility. Take a journey.



Virgo Before you sign on the dotted line, ask yourself what your motivation is. If you are trying to appease someone else, think twice.



Libra Powerful allies are essential to fulfill one of your dreams. Once people see what you have to offer, they will be eager to come on board.



Scorpio Someone you considered trustworthy will disappoint you. By expressing your ideas to superiors, you won't be overlooked.



Sagittarius Love connections can be made. Do your best to use your energy wisely. An old idea will bring revolutionary results.



Capricorn Don't expect to get immediate agreement with your recommendations. Make sure that the information you offer is from a reliable source.



Aquarius Communication is key. You will inspire confidence in others if you are confident yourself. Put your best foot forward.



Pisces Offer to go the extra mile and make a good impression. If you leave it up to someone else, you will give up a chance to advance. **EUGENIA LAST**

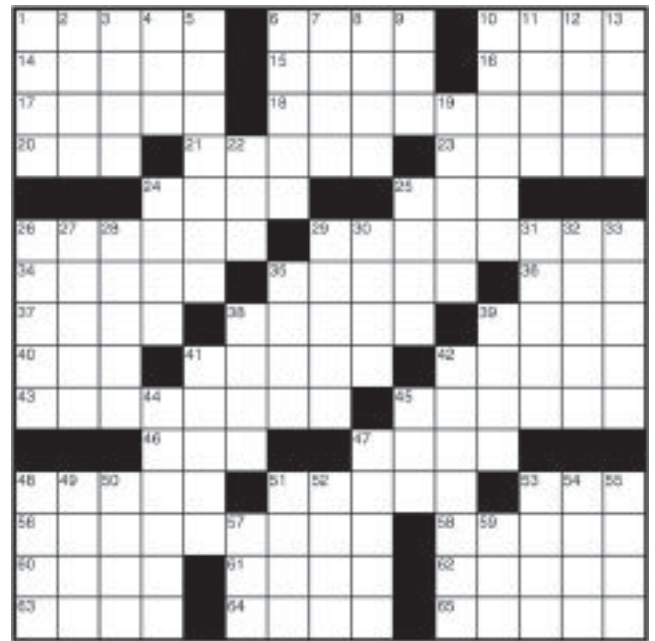
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18 Draw irresistibly
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21 Diary keeper
23 Dwells
24 Wild country
25 Dry, as wine
26 Self-defense art
29 Cosmos
34 Sultans' cousins
35 Roof topping
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47 Look a long time
48 Sphere of influence
51 Drizzling
53 — flash
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58 Plantation house

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62 Dainty, perhaps
63 Contradict
64 Bout ends
65 Future fern

Down

1 Like some steaks
2 Goddess's statue
3 Robin beaks
4 Onetime Prizm maker
5 Productions
6 Get-up-and-go
7 Neutral color
8 Relay race portions
9 L-o-n-g time
10 See
11 Tel —
12 Bewilder
13 Stein fillers
19 Student, in Paris
22 Language suffix
24 Stripes
25 Makes a lap
26 Shish —
27 Invisible swimmer (var.)
28 Out of the sack
29 Radii parallels
30 Hassles
31 Blush makeup



32 Process ore
33 Slalom runs
35 Put in order
38 Took legal action
39 Cartoon chipmunk
41 Daddy's sis
42 Digestive juices

44 Eccentric
45 John, in Glasgow
47 Sarcastic remarks
48 Like limes
49 Reflect on
50 Kind of muffin
51 Castle, in chess

52 Weapon supplies
53 Stats
54 Roulette color
55 "Artaxerxes" composer
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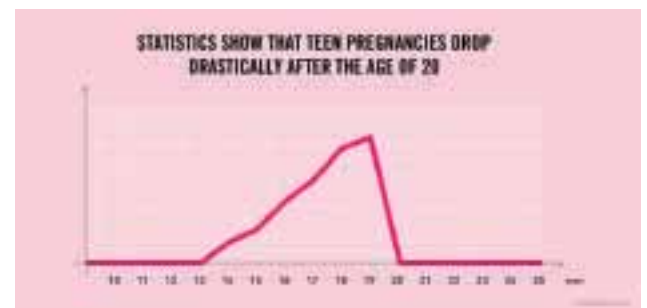
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Reconnect with your partner

When it comes to taking things for granted, no one's lower on the list than the person right next to you. Stepping out of your usual routine is already a great start — it doesn't matter whose turn it is to take out the trash in a hotel room. Mix in some activities you'll both enjoy, and you'll remember why you chose to share custody of the remote control with this person. The key is to do things as a couple, sharing experiences (preferably something new) that you can bond over, whether relaxing together or challenging yourselves — though if you're on shaky ground, keep it low stress.

wellbeing

MAKE HEALTHY YOUR NEW HAPPY

Buy happiness

That "money can't buy happiness" adage has one big caveat. When you invest in an experience, the good feelings begin well before you set out, Cornell University researchers found. The anticipation before a trip is a great series of mood-boosters (pro tip: milk this one by booking a few months ahead). Trips fill our need to indulge and express an aspect of our identity in a way an impersonal object can't match. The satisfaction we get from discussing the trip afterward lasts for months, even years.

Five reasons why you should take a vacation

You'll be happier, healthier and more productive — so get out of the office already!



EVA KIS
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It's the beginning of August, and most of the world has left not just their offices or even their cities but their countries for weeks, even the whole month, for vacation. When they come back, they're more productive, feel better and are physically healthier. Consider this your doctor's note and start making plans.

Reboot your brain

One sure sign you need a vacation: catching yourself wondering how it's the end of the week already every Friday morning. Routine literally lulls the brain to sleep; time feels like it's passing quickly simply because you're not paying attention to anything. But when you're about to take a cruise for the first time or zipline through a jungle in South America, it's all hands on deck as your mind tries to process all the new information flooding in. This is just one way your brain gets rebooted when you take it out of cruise control — and maybe, your perspective on daily life will be refreshed, too.

Natural high

You don't have to commit to hiking for miles to feel better outdoors. Scientists aren't sure why, but we really do feel different when we get out among the trees. There's the biophilia hypothesis, otherwise known as conventional wisdom: Our bodies are simply responding to being useful again in our natural habitat (you know, not behind a desk). It could just be getting more sunshine into our vitamin D-deprived bodies. Whatever it is, nature works, even in doses as small as 24 hours: Participants in a University of Michigan study felt happier, had lower levels of the stress hormone cortisol and were better able to focus.

Awe's role in health

When's the last time you felt awe? Not just, "Hey, that's cool," but the sensation of being completely overwhelmed by an experience? We're talking bucket list stuff: the Northern Lights, seeing a concert at Red Rocks Amphitheatre in Colorado or watching the sun set from a paddleboard in Maui. A study published in February by the University of California, Berkeley, found that feeling awe boosts your health by fighting inflammation. Communing with overwhelming sights that leave us speechless lowers the level of cytokines in our bodies, calming our immune system and staving off depression.

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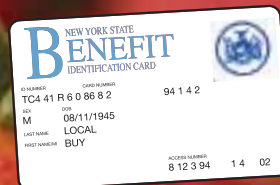
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Recipe

Sweet heat Sriracha jerky

Jerky has come a long way since we started snapping into Slim Jims. What began as a novelty snack has become the darling of the Paleo world — minus the preservatives, MSG and artificial flavors, of course.

The best part is that all the bad ingredients that came out can be replaced with healthier, flavorful alternatives for a next-level snack that's low in calories but packed with protein. We checked out Pamela Braun's new book, "Jerky Everything"

(out now) for a few ideas and had our minds blown by the variety of dried treats now at our fingertips.

The book's subtitle isn't "Foolproof and Flavorful Recipes for Beef, Pork, Poultry, Game, Fish, Fruit, and Even Vegetables" for nothing. Since it's so delish right off the grill, pineapple jerky is officially on our list of summer food experiments.

You don't even need to buy a dehydrator; for drying jerky, a gas, electric or convection oven will work just fine. Preheat to 200°F and place

the meat or fruit strips on a cooling rack set on a baking sheet to better circulate air. Convection ovens take about 90 minutes; for gas or electric, start checking at 2.5 hours.

Jerky is ready

when it looks dry but bends without snapping. If it does break, that means it's too dried out — just stick it back into a new marinade and dry it again.

Among the over 120 recipes, there was definitely one that caught our attention. Sriracha sounds like just the spicy-sweet summery touch to elevate our on-the-go snack game.

"You'll be pleasantly surprised that the heat from the sauce kind of disappears in this recipe, so even if you don't

do spicy, you can eat this jerky," Braun writes. "If you want to add some heat to this, toss in some red pepper flakes. The flavor will blend better than if you added another type of hot sauce."

We know what we're taking for that weekend Adirondacks hike.

Ingredients:

- ½ cup unseasoned rice vinegar
- ½ cup + 2 tbsp. Sriracha sauce
- ¼ cup brown sugar
- 2 tsp. granulated ginger

- 1 tsp. granulated garlic
- 1 tsp. salt
- 1 pound London broil strips

Directions:

In a one-gallon resealable plastic freezer bag, thoroughly mix together all the ingredients except the meat, then allow the mixture to rest for 10 minutes.

Add the meat strips to the marinade and mix them around so they get completely coated with the marinade.

Remove as much air as possible from the bag, seal and place it in the refrigerator for 8 to 24 hours.

During the marinating time, remove the bag from the refrigerator a few times and work the meat around so the marinade is fully incorporated into it.

Remove the strips from the marinade and arrange in a single layer for drying. Store in an airtight container.



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The man behind Dynamic Running Therapy tells us why your next session should be done on the run.



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A new fitness “movement,” which started in London, is gaining momentum among those seeking more holistic mental health counseling. Dynamic Running Therapy (DRT), developed by British psychotherapist William Pullen, targets stress, anxiety, depression, addictions and trauma by linking both body and mind through on-the-move sessions.

Pullen, 47, tells us it was a personal experience that led him to develop his new practice.

“I was running with a friend of mine, who is going through a divorce, and I also had some personal issues, when I realized how easily it made us talk,” says Pullen.

Make a running date with your therapist



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“I noticed how it empowered me and made me feel like I was confronting things that I didn’t have much control over.”

The technique was demonstrated in the 2013 documentary “The Runners,” in which filmmakers Matan Rochlitz and Ivo Gormley approached runners to try and talk to them. The first thing you notice is how deep a conversation they easily start: talking about their views on marriage, family issues and even the most negative aspects of their lives.

Emotion in motion

Far from being breathily shrugged off by irritated runners, 80 percent of those approached agreed to chat. “Running is like a meditation — it centers you,” Rochlitz says.

“It also releases endorphins, which make you feel powerful and, in a sense, less vulnerable,” he continues. “I also believe that, in life, we use our bodies to help keep our guard up.”

When their bodies are not otherwise engaged, people may cross their arms, step back or otherwise physically close themselves off to a conversation, or even

Key points of DRT

Follow these points for a successful session:

- The emphasis is on listening, not discussing. Questions are fine and useful; however, opinions are less so.
- Don’t feel the need to fill any silent moments.
- Take your time and be gentle and patient with yourself.
- Notice how your body and your feelings interact; DRT is holistic.
- Allow time to calm down physically and emotionally at the end.

outright lie. “But if you’re running and your body is busy, it’s harder to bulls—!” Rochlitz notes.

Reconnecting your mind and body is key

Pullen, who charges about \$230 for a 50-minute session, begins with the patient in a park, where they sit and take stock of where they are and what’s going on, in every sense.

“We do a check-in of the physical body,

emotional body and the environment — smelling, touching and feeling,” he says. “Then we take off, led by the thought the client wants to focus on. We walk, sit, run with it and into it, and in that way, we find ourselves able to tap into the unconscious.”

You don’t need to be a marathoner to enjoy the benefits

“Once you get outside, I think there is an inclination for the topic to run deeper and to be more detailed. As long as you can walk, or even just get into the park and sit on a bench, I think there is still value in being outside,” says Pullen.

Being outdoors can also help calm some anxious people, who may be intimidated by an office setting, he says.

If his client has just experienced something traumatic, like a divorce, running can help the person gain back some self-esteem.

“If you have an opportunity to go out and feel vital, when the rest of the time you feel like you’ve been involved in a failure, it can be a great relief,” Pullen concludes.

Kennard look to fill void left by Pierre-Paul

NFL. The Giants need big contributions from the defensive line this season.

The Giants have wrapped up their first week of training camp, and while there's a certain star defensive end missing from the fold, the team must carry on, with hopes of building toward finally ending their playoff drought.

While Jason Pierre-Paul continues to be on the mend — and as far away from their facilities as possible — there's still plenty of question marks about regarding Big Blue's re-worked defense.

General manager Jerry Reese is responsible for patching up any holes, and when asked if he thinks the defense can sustain sans their one true defensive star, he declined to even acknowledge the elephant in the room — only to reason that he “hopes and prays for the best ... and that's all I'll talk about that.”

Since the recovering Pierre-Paul hasn't made himself available for public comments, and Reese remains mum, his teammates have been willing to speak about the impact his



Is Devon Kennard bracing for a breakout year in the Giants front seven? / GETTY IMAGES

absence causes.

“It's been tough [that] we're without our cornerstone guy,” said cornerback Prince Amukamara. “It's almost similar to going into camp without [quarterback] Eli [Manning]. It's definitely tough ... but there's not much you can do besides support him and just wait for his homecoming.”

Second-year linebacker Devon Kennard has the raw tools to offset Pierre-Paul's absence, as he flashed greatness in the little time he was in the lineup last season. Kennard, a fifth-round pick in the 2014 NFL Draft, played in 12 games with six starts. He had 43 tackles, 4½ sacks and two forced fumbles. He also added 23 defensive stops,

which was good for sixth on the team despite only playing in 338 snaps. And his impact would've been greater had he not missed several weeks early in the season with a hamstring injury, and sat out the season finale with a toe injury.

“Obviously, nobody gets more opportunities to rush the passer than defensive ends, but there are defi-

Quoted

“I feel I'm a little more comfortable and settled. ... I understand what to expect and I'm having a lot more fun out here and being able to really understand the defense.” Devon Kennard

nately times where we are going to pressure with our linebackers,” Kennard said. “I think they will give me the opportunities where I can do that. ... I think he [new defensive coordinator Steve Spagnuolo] is doing a good job of taking advantage of everybody.”

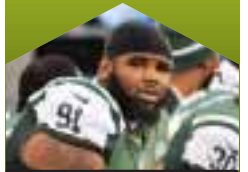
The games that Kennard did play last season, he showed pass-rushing ability, toughness and instincts that Giants fans hadn't seen from that position in a long time.

The Giants can only hope that Pierre-Paul continues to mend — and sign his franchise-tag tender — so Kennard can have a running mate to create havoc on opposing offenses.

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3

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Mets firmly in contention

MLB. Now with a (more) potent offense, the Mets are in control in the NL East.

The Mets were one of the more active teams at the trade deadline this year, and for the first time in years they were buyers, not sellers.

Juan Uribe, Kelly Johnson, Tyler Clippard and Yoenis Cespedes are the four newest members of the team from Queens. Uribe and Johnson were acquired from the Braves for minor leaguers who don't project to make an impact in the majors. Clippard was acquired from the Athletics for A-ball pitcher Casey Meis-

ner. And Cespedes was taken from the Tigers for top pitching prospect Michael Fulmer and Luis Cessa, a pitching prospect with arm troubles. Aside from the Carlos Gomez debacle, GM Sandy Alderson and the Mets handled the deadline very well and improved their team substantially.

The Mets are finally "going for it" this season, a team that hasn't been to the playoffs since 2006, when they came up just short in the NLCS to the Cardinals. Though the Mets were just a few games out of first place in the NL East and in good position for a Wild Card spot when the deals were made, it was imperative that the Mets make these moves if they were to be viewed as true contenders.



Can the Mets get enough offense from Yoenis Cespedes and the rest of their regulars to lift their stellar pitching down the stretch? / GETTY IMAGES

By the numbers

38-18

The Mets have one of the best home records in all of baseball, but have a 17-32 record on the road.

The Mets have gotten by on pitching all season long, and more than a few gems thrown by Matt Harvey and Jacob deGrom this season went to waste as the Mets could barely get any runs across the plate. The Mets were even no-hit by mediocre Giants' pitcher Chris Heston back in May.

It was easy to see why the Mets couldn't score; Kirk Nieuwenhuis, John Mayberry Jr. and Eric Campbell saw way too much playing time in the early part of the season.

Injuries to David Wright, Travis d'Arnaud and Michael Cuddyer (among others) haven't helped either. Now that Cespedes, Uribe and Johnson have been added to the fold, the Mets figure to improve their offense that was ranked last in batting average and runs scored through July. The call-up of top hitting prospect Michael Conforto has also given the Mets offense a needed boost.

In order to make a push for October, the Mets will have to get the better of the Nationals, and their series sweep of Washington at Citi Field this past weekend went a long way toward that playoff push.

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